



## KIDNEY BEANS, LIGHT RED, LOW-SODIUM, CANNED

Date: March 2014

Code: 100372

### PRODUCT DESCRIPTION

- Canned light red kidney beans are U.S. Grade A beans.
- Light red kidney beans are a low sodium food.

### PACK/YIELD

- Each can of light red kidney beans contains about 15 ½ ounces of beans, which is about 1 ½ cups or 3 ½ servings (½ cup each).

### STORAGE

- Store unopened cans in a cool, clean, dry place.
- Store remaining opened light red kidney beans in a tightly covered container not made from metal and refrigerate.
- Look at the “Best if used by” or “Best by” date on the can.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

### PREPARATION/COOKING

- Canned products are fully cooked, so it is safe to eat them without cooking.
- If heated, serve right away or refrigerate leftovers in a container not made from metal.

### USES AND TIPS

- Serve light red kidney beans cold or heated in salads, soups, stews, and chili.
- Light red kidney beans are great when added to rice, served as a side dish, or in a dip.

### NUTRITION INFORMATION

- ¼ cup light red kidney beans counts as 1 ounce in the MyPlate.gov Vegetable and Protein Groups.

### FOOD SAFETY INFORMATION

- If the can is leaking or the ends are bulging, **throw it away**.
- If the canned food has a bad odor or liquid spurts out when the can is opened, **throw it away**.

### OTHER RESOURCES

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.choosemyplate.gov](http://www.choosemyplate.gov)
- [www.fns.usda.gov/fdd/](http://www.fns.usda.gov/fdd/)

### NUTRITION FACTS

Serving size: ½ cup (116g) light red kidney beans, low-sodium, canned, drained

#### Amount Per Serving

**Calories** 110 **Calories from Fat** 0

#### % Daily Value\*

<b>Total Fat</b> 0 g		<b>0%</b>
Saturated Fat 0 g		<b>0%</b>
<i>Trans</i> Fat 0 g		
<b>Cholesterol</b> 0 mg		<b>0%</b>
<b>Sodium</b> 140 mg		<b>5%</b>
<b>Total Carbohydrate</b> 14 g		<b>6%</b>
Dietary Fiber 5 g		<b>18%</b>
Sugars 0 g		
<b>Protein</b> 8 g		
Vitamin A 0%	Vitamin C 0%	
Calcium 4%	Iron 6%	

\*Percent Daily Values are based on a 2,000 calorie diet.

Nutrient Values in the Nutrition Facts Label above are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

## BEAN DIP

**MAKES ABOUT 6 SERVINGS**

### Ingredients

- 2 cups canned light red, low-sodium kidney beans, drained (save ½ cup of the liquid)
- 1 tablespoon vinegar
- ¾ teaspoon chili powder
- ⅛ teaspoon ground cumin (if you like)
- 1 tablespoon onion, chopped
- 1 cup low-fat cheddar cheese, grated

### Directions

1. Place the drained kidney beans, vinegar, and chili powder in a blender; if using cumin, add that too.
2. Blend until smooth. Add some of the bean liquid to make the dip easy to spread.
3. Stir in onion and cheese; place in refrigerator for about an hour to chill.

### Tip

Instead of a blender, you can mix the beans, vinegar, chili powder, and cumin (if using) in a bowl and mash with a fork. After mashing, stir in the onion and cheese.

Serve with raw vegetables or low-fat tortilla chips.

Nutrition Information for 1 serving (about ½ cup) of Bean Dip							
Calories	110	Cholesterol	5 mg	Sugar	0 g	Vitamin C	1 mg
Calories from Fat	15	Sodium	210 mg	Protein	10 g	Calcium	96 mg
Total Fat	1.5 g	Total Carbohydrate	14 g	Vitamin A	16 RAE	Iron	2 mg
Saturated Fat	1 g	Dietary Fiber	4 g				

*Recipe adapted from SNAP-ED Connection Recipe Finder*

## BEAN AND RICE BURRITOS

**MAKES ABOUT 8 SERVINGS**

### Ingredients

- 2 cups rice, cooked
- 1 onion, chopped
- 1 can (about 15 ounces) low-sodium, light red kidney beans, drained
- 8 flour tortillas (about 7 to 8 inches each) (can use whole grain tortillas instead)
- ½ cup salsa
- ½ cup low-fat cheddar cheese, grated

### Directions

1. Preheat oven to 300 degrees F.
2. Mix the rice, onion, and beans in a bowl.
3. Place the tortillas flat on a baking pan and put about ½ cup of the bean and rice mixture in the middle of each tortilla.
4. Fold the sides of the tortilla over to hold the rice and beans.
5. Bake for 15 minutes.
6. Add about a tablespoon of salsa and a tablespoon of cheese to each burrito.
7. Serve warm.

Nutrition Information for 1 serving (1 burrito) of Bean and Rice Burritos							
Calories	290	Cholesterol	0 mg	Sugar	4 g	Vitamin C	3 mg
Calories from Fat	40	Sodium	510 mg	Protein	11 g	Calcium	115 mg
Total Fat	4.5 g	Total Carbohydrate	51 g	Vitamin A	7 RAE	Iron	8 mg
Saturated Fat	1 g	Dietary Fiber	5 g				

*Recipe adapted from SNAP-ED Connection Recipe Finder*